



# THE SUSTAINER

Published Quarterly

For the Soldiers and Civilians of the "Cast Iron Brigade"



March Issue 2013

## Louis Dellamonica Award



**Mr. Arnold Pindle**, DCO, 404th AFSB belatedly receives Army Materiel Command's 2010 Louis Dellamonica Award for Outstanding Personnel for duties performed as the DCO for the 402nd AFSB (Iraq). The award recognizes outstanding accomplishments that significantly contributed to AMC's mission and overarching goals and objectives. Each year AMC selects 10 employees, military and civilian, below the rank of general officer and senior executive service, which meet the established criteria and stand out as model employees. Louis Dellamonica was a general engineer with AMC's Hawthorne Army Depot, Nev. He was both the oldest and longest serving Department of Defense employee before retiring in January 2007 at the age of 94 with more than 65 years of service.

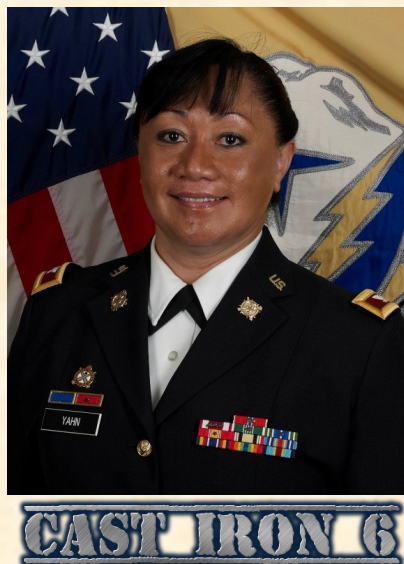


General Dennis Via, Commanding General, Army Materiel Command and his "Right Arm" CSM Ronald Riling II, received a tour of the Directorate of Logistics Central Receiving Point at Joint Base Lewis McChord on 7 Feb 2013. Both commented that the TA-312 Field Phone was used when they entered and Army and is reliably still in service today. See more pictures of General Via's visit to the 404th AFSB and JBLM in this edition.



**Andrew R. Willard** passed away on 21 December 2012 while serving as a TACOM Senior Command Representative at the 403rd AFSB. Drew also served with the 404th AFSB TACOM SCR before moving to Korea. Drew was a native of Vermont having made Augusta his home for over 20 years. Drew was a U.S. Army Veteran who served in the Gulf War, Iraq and Afghanistan and retired after 21 years of service.





***“The Army’s mission is to fight and win our Nation’s wars by providing prompt, sustained land dominance across the full range of military operations and spectrum of conflict in support of combatant commanders.”***

Today, we are being called upon to play our part in reducing Pentagon spending by \$500 billion over the next nine years. These forced budget cuts went into effect on 1 March, beginning a civilian workforce furlough of one-day-per-week between April and 30 September 2013. The civilian workforce will receive a 30 day notice prior to any furloughs taking effect. I am deeply concerned that sequestration will impose severe stress and financial hardships on the civilian workforce of the 404th AFSB family. We all must be sensitive, aware and supportive of each other as each of you meet your personal obligations with less income. Clearly, even after the 2013 sequestration, it will not be business as usual as congress continues to balance and adjust the military budget against evolving global threats. As American citizens we remain fiscal stewards and have a fiduciary responsibility to exercise discretion on spending our nation’s precious resources.

As a Brigade Commander, my responsibility is to look within and to leverage the expertise of my commanders and staff to find ways to continue to support mission readiness while facing extreme fiscal hardships. This will require financial mindfulness as we plan and execute sustainment support within our area of responsibility while remaining vigilant to our Army mission. Due to our brigade footprint covering the western U.S., Alaska, Hawaii and Kwajalein the majority of our budget is consumed by business travel. So, it goes without saying with less travel dollars available we will need to use available technology (Audio and Video Teleconferencing). I will be relying more on our forward deployed leaders, especially in Hawaii and Alaska, as my vanguard and senior brigade representatives.

The enthusiasm of this organization continues to amaze me and I know through your dedication and commitment we can find ways to reduce redundancy, work better and more efficiently in the face of budgetary uncertainty. The 404th AFSB also has one of the Army’s top, proven Lean Six Sigma (LSS) Master Black Belts, [Mr. Robert Farr](#). Bob can assist you in developing your own internal LSS programs, as well as provide staff advise and training within your footprint. If you have creative ideas, send them to me, Bob or any of my primary staff and we will evaluate and implement where we can improve and save. The welfare of you and your families remains my top priority. I am immensely proud and thankful of my “Cast Iron” team as you continue every day to personify professionalism, resilience, and excellence in all that you do. *Thank you.*



## **Cast Iron Family and Friends,**

**As this is my first newsletter since arriving to the 404th Army Field Support Brigade on 21 September 2013 let me begin by saying that I am so blessed to have the honor and privilege to be your Command Sergeant Major. My wife Natalie, our two boys and I really appreciated the warm welcome and support that the Cast Iron Family provided us during our transition from Germany to Joint Base Lewis McChord, WA.**

**I want to personally let you know as I make my rounds throughout the 404th AFSB footprint, how impressed I am with the civilian and military leaders, military of our organization. I am always**

**amazed by the dedication and sacrifices that the Cast Iron Family gives through their duty, deed, and honor for our organization as “AMC’s Face To The Pacific” and still maintain a focus to give an unconditional love, and time to your families while we endure these complex times in our nation’s history.**

**A Special Thanks! Goes to those of the Cast Iron Family who put together a southern hospitality pot-luck lunch in support and recognition of Black History Month.**

**In-closing the Burton Family looks forward to working alongside the Yahn Family, the Cast Iron Family and Friends as we all work together and lead this great organization throughout the year as Strong Professionals and Families together.**

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**America’s Army!  
Our Profession!  
Cast Iron 7  
Sustain To Win!**

# Coffman Building Takes Form

Building 9514

404th AFSB project Engineers Jon Tolson and Devin Pompa



6 March 2013  
the first wall  
is raised



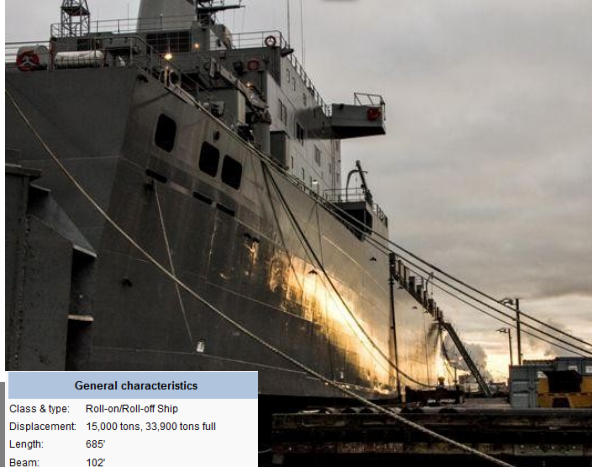
U N D E R C O N S T R U C T I O N

BUILDING 9503



Renovation and asbestos abatement

# SS Cape Intrepid



| General characteristics |  |
|-------------------------|--|
| Class & type:           | Roll-on/Roll-off Ship                                    |
| Displacement:           | 15,000 tons, 33,900 tons full                            |
| Length:                 | 685'   |
| Beam:                   | 102'   |
| Draft:                  | 32'  |
| Propulsion:             | two steam turbines, two propellers                       |
| Speed:                  | 18.7 Knots   |
| Range:                  | Not Disclosed  |
| Complement:             | Full Operational Status 31, Reduced Operational Status 9 |



**SS CAPE INTREPID TRAINING SESSION** Army Field Support Battalion-Lewis (I Corps) Command and Staff, led by Battalion Commander LTC Kevin Harvill participated in the walkthrough of the SS Cape Intrepid in Tacoma, WA, hosted by the Chief Engineer Matthew Piper. The SS Cape Intrepid is a power projection platform often-times used to transport the Stryker family of vehicles under the auspices of The Surface Deployment and Distribution Command- Pacific Northwest Division. When called upon, this Type C7 ship uses its cargo capabilities to transport U.S Army BCT-sized elements across the Pacific Ocean in order to rendezvous with units at the CENTCOM theater operations for combat operations. Mr. Piper gave us a tour of the cargo area, engine room, control room, officer's lounge, and each floor of the ship that ultimately exhibited its impressive capabilities as a ship intended for its military transport mission. The Battalion staff learned how the use of our strategic partners greatly enhances and facilitates our operations in a theater of war.



**SS Cape Intrepid** was originally laid down in 1975 as SS Arizona a Type C7 ship intended for both commercial or military use. The ship was launched in 1975, then turned over to the Maritime Administration for commercial use. The Lykes Brothers acquired her and named the ship SS Lipscomb Lykes. On June 8th 1976 she was removed from commercial duty and reacquired by the United States Navy who then renamed it USNS Jupiter to serve alongside USNS Mercury. On 8 June 1976 she was transferred to Military Sealift Command, and renamed the SS Cape Intrepid. Since then the ship has been active in transport roles including a long term attachment to the 833rd transport regiment. She is currently in reserve status and can be activated if called upon in 5 days as part of the ready reserve fleet.

# OUT WITH THE OLD IN WITH THE NEW

FLAMINGTEXT.COM

GUSTAVO CARUSO

The U.S. Army uses the 130G Grader to construct and maintain roads and airfields. The 130G Grader, considered legacy equipment, has been a part of the U.S. Army inventory since 1984. Maintenance has been critical in keeping the 130G Grader functional. Soldiers maintain these graders with the assistance of the U.S. Army Tank-automotive and Armaments Command (TACOM) Logistics Assistance Representatives (LARs). Program managers (PM) also assist in preserving the 130G Graders. Every 10 or more years the Army removes 130G Graders in poor condition and inducts them into the Service Life Extension Program (SLEP). In this program Army units send the vehicles to select local Caterpillar dealers (CAT). CAT repairs and replaces parts, bringing them to 10/20 standards. Because of SLEP, the life of the 130G Grader has been continuously extended.



Conversely, the newly phased-in 120M Graders are replacing the 130G Graders. In 2012, two engineer battalions in Hawaii received the 120M Graders. Soldiers consider the 120M Grader as the “Cadillac” of the Graders. For instance, everything in it is electronic controlled with seven computers on board. The diag-



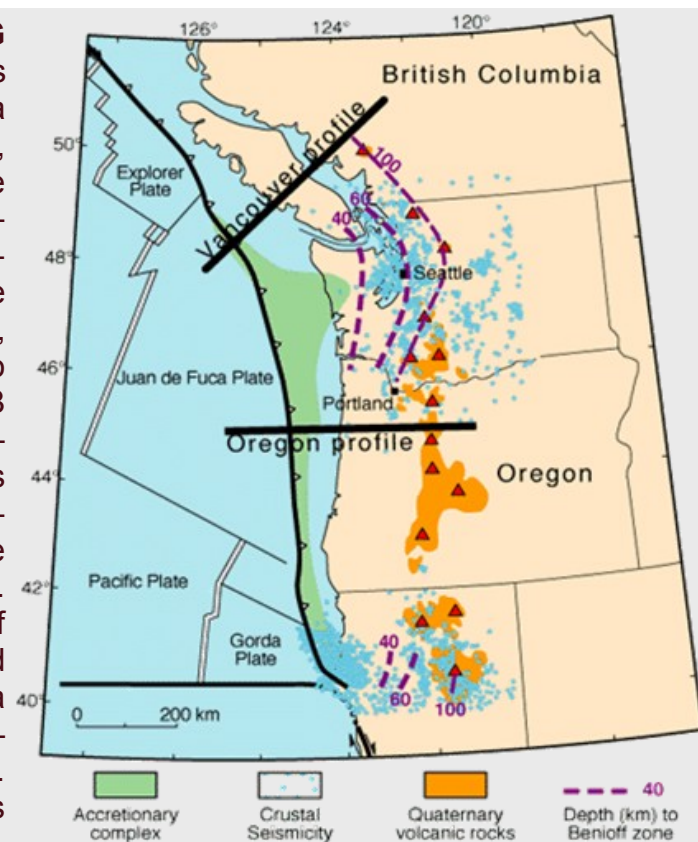
TACOM AUTO-ENGR-LAR Mike Manning discussing PMCS with SGT Yacuta and SPC Cox, Patrick from the 82<sup>nd</sup> ESC.

nostics capability using electronic control modules (ECMs) to monitor engine and machine systems are beneficial during preventive maintenance checks and services (PMCS). This diagnostic capability allows Army units to maintain readiness of the 120M Grader while minimizing the maintenance burden. During fielding of the 120M Graders, from August 27-31, Soldiers from the 84<sup>th</sup> Engineer Battalion were ecstatic to operate the vehicle. There are some minor bugs to fix in the 120M Grader but overall Army units are satisfied with the new improved grader.

# CASCADE SUBDUCTION ZONE

## 404<sup>TH</sup> AFSB SITE VISIT TO DEFENSE COORDINATING ELEMENT, FEMA REGION X.

The 404<sup>th</sup> AFSB planners joined the AFSBn-Lewis CDR and his staff to conduct a site visit with the Defense Coordinating Officer (DCO), COL Michael McCormick, at FEMA X head quarters. The purpose of the visit was to continue fostering the relationship between the AFSB and Defense Coordinating Element (DCE). AFSBn CDR, LTC Harvill, provided the AFSBn mission brief to the DCE and FEMA personnel, expanding on the capabilities and resources available to support a DSCA mission. COL McCormick briefed AFSB personnel on FEMA's current planning efforts for the Cascade Subduction Zone (CSZ) and projected requirements modeled from a 9.0 earthquake/tsunami event. Subduction is a geological process in which on edge of one crustal tectonic plate is forced below the edge of another. Subduction zones are often noted for their high rates of volcanism, earthquakes, and mountain building, all found within the Pacific Northwest Region. Past history shows a major event of this scale occurs in the region every 300-600 years. The last major event occurred 317 years ago. The AFSB and DCE will continue to work together as FEMA begins the planning cycle for Evergreen Quake exercise in 2014. The DCE is comprised of Active Army and Department of Army personnel and serve as liaison between FEMA and US Army North (USARNORTH).



By Mike Johnson



COL McCormick FEMA Region X DCO, Sam Dresel, MAJ Ed Woo, MAJ James Moyes DCE Operations, LTC Kevin Harvill not shown are Greg Alderete, Mike Johnson and Jeff Longino



# Army Reserve Sustainment Command

**SFC Terri Fowler** is a Logistics NCO with the JBLM ASC -ARE. She lives in Spokane, WA and has been in the Army for 33 years. She has also been a 92Y her entire career.

Her daughter graduated with a BA in Education from Evergreen State College June 2012. SFC Fowler deployed with the 104<sup>th</sup> Training Div in 2007 to train and advised the Iraqi Army (on Logistics in Taji.) She loved it so much that she decided to stay there for an additional 3 ½ years as a contractor in Taji training and advising the Iraqi Army on logistics. She is a full time student and is working towards a Social Services degree. SFC Fowler's career goal is to be a Veterans Advocate. "Taking care of Soldiers has always been what is the most important to me" says Terri. She currently is participating in a Work Study program at the Spokane Veterans Outreach Center. In her spare time she enjoys her simple lake cabin in the middle of the woods in North Eastern Washington state. The cabin has electricity but no runny water. SFC Fowler says "It is a place that brings peace and solace and gives me a chance to unwind and take great hikes in the woods."



[Click on Coin](#)



CSM Burton and COL Yahn present Angela McGee and Butch Dusik the first of the new 404th AFSB Command Coins for their effort to support the AMC Commander's (GEN Via) trip to Joint Base Lewis McChord

*Harry Stauffer died on 8 Feb 2013. He was laid to rest at the Tahoma National Cemetery on 25 Feb 2013. Harry was associated with the 404th AFSB for many years providing contractor support while employed by LEISCO. His dedication and support to our brigade was essential in providing the necessary support to many of the 404th AFSB family deployed in both theaters of War. Harry gave many of our current work force their first chance to truly excel in their professions. Harry was a true professional and great guy who will be missed by many.*

AFSBn-HI welcomes Master Sergeant (MSG) **Scott R. Overocker**. MSG Overocker assumed responsibilities from MSG Lemoine as the Senior Enlisted Advi-



sor in December 2012. His wife Jennifer and daughter Marlowe accompanied him during his promotion on February 1, 2013. He also has a son Tyler and a daughter Brennan. He entered the United States Army on February 20, 1997 and completed Basic Training at Fort Jackson, South Carolina. He attended Advanced Individual Training at Aberdeen Proving Grounds (APG), Maryland as a military occupational specialty 63H, Track Vehicle Mechanic. His previous assignments were with B Company, 15<sup>th</sup> Forward Support Battalion, 1<sup>st</sup> Cavalry Division; 3d Armored Cavalry Regiment (ACR), Fort Carson, Colorado; 61<sup>st</sup> Maintenance Company, Camp Kyle, Korea; 210<sup>th</sup> Forward Support Battalion, 10<sup>th</sup> Mountain Division, Fort Drum, New York; APG, Maryland; and Regimental Support Squadron (RSS), 3d ACR. He served in various positions as the, Track/Recovery NCOIC, Auto Platoon Sergeant, Squadron Motor Sergeant, Maintenance Control Sergeant, and Maintenance Troop 1SG with Maintenance Troop, RSS, 3d ACR. He has since deployed to Iraq 07-09: Operation Iraqi Freedom and 10-11: New Dawn. His awards and decorations include the Bronze Star Medal, Meritorious Service Medal (one oak leaf cluster (OLC)), Army Commendation Medal (four OLCs), the Army Achievement Medal (silver OLC), the Noncommissioned Officer Professional Development Ribbon (Number 3), the Army Good Conduct Medal (forth notch), National Defense Service Medal, Korea Defense Service Medal, Armed Forces Expeditionary Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Medal, Army Service Ribbon, Army Overseas Ribbon (Number 3), NATO Medal, and Combat Action Badge. MSG Overocker was selected for the prestigious Sergeant Audie Murphy Club. He completed the Warrior Leader Course, Advanced Leadership Course, and Senior Leadership Course. His goals are selection to Command Sergeant Major and completing his bachelor's degree.

E Komo Mai (Welcome) the AFSBn-HI's newest executive officer Major (MAJ) **Jason T. Brower** and his bride Taja. MAJ Brower recently completed the resident Intermediate Level Education course at the Army Command and General Staff College, Fort Leavenworth, KS. This Indiana native officer served in the United States Army from May 1991 till June 1994 as an enlisted infantryman in the 10<sup>th</sup> Mountain Division, Fort Drum, NY. During his tenure, he participated in Hurricane Andrew-Florida (1992) and served on the quick reaction force responsible for extracting Task Force Ranger during Operation Restore Hope-Somalia (1993). In 1998 he received his BS in Business Management from Indiana University-Purdue University Indianapolis. He earned honors



as a Distinguished Military Graduate from ROTC and was selected to serve in the Infantry. In 2001, the U.S. Army transferred him into the Quartermaster Branch as part of the Army Branch-Detail Program. While stationed at Schofield Barracks, HI from 1999-

2002, he served as a Rifle Platoon Leader and Battalion S1 for 2-35th Infantry Battalion; Support Platoon Leader and Company Executive Officer for 225th Forward Support Battalion; and Division Support Command S4. After 2003, he was assigned as Delta Company Commander, 3-13th Infantry Basic Combat Training, Fort Jackson, SC; Senior Observer Controller, 205th Infantry Brigade, Camp Atterbury, IN; and Executive Officer, Border Transition Team, 3d Armored Cavalry Regiment deployed to Operation Iraqi Freedom 08. From 2009-2011, MAJ Brower served as the Multinational Inter-agency Logistics Officer and Branch Chief for USARPAC G-4, Fort Shafter, HI. MAJ Brower's military education includes the Infantry Officer Basic Course, Combined Logistics Captains Career Course, Combined Arms and Staff Service School, Intermediate Level Education Course, Support Operations Course, Aerial Delivery and Materiel Management Course, Cadre Training, Advanced Military Transition Team Course, Multinational Logistics Course, Asia-Pacific Orientation Course, United Nations (UN) Logistics Course, UN Staff Officer Course, Battle Command Support and Sustainment System I, Joint Planner, Homeland Security Track, and Defense Support of Civil Authorities II. He holds a MBA in Logistics Management and is completing a Doctorate in Business Administration specializing in Global Supply Chain Management. He is designated as a Demonstrated Master Logistician.

## Chris Atkinson



404th AFSBn Logistics Management Specialist

Chris Atkinson, LMS for AFSBn Lewis, displays his Commander's Coin and Certificate of Appreciation, awarded by the 201 Battlefield Surveillance Brigade Commander Colonel Paul Norwood.



Davida Beck



Deb Bradley



Dante Miralfor



Frederick Arline

2013

**Leafaina O. Yahn**  
COL, LG  
Commander

**Gregory L. Alderete**  
Public Affairs Officer

The 404th AFSB Sustainer is an authorized, unofficial publication distributed IAW AR 360-1 for members of the 404th Army Field Support Brigade and is published quarterly. The editorial content of this publication is the responsibility of Mr. Greg Alderete, 404th Public Affairs

Officer who may be reached by writing to the [404th Army Field Support Brigade](#), ATTN: Public Affairs Officer, MS 25, Box 339500, Joint Base Lewis McChord, 98433-9500. The PAO is also available via commercial telephone at **253-477-1469** or **FAX at 253-966-6199** or via email

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**Lean** is the practice of reducing waste. **Six Sigma** is a business management strategy to improve business process efficiencies. The primary objective is process improvement and variation reduction. [Click here for Video](#)



The first of a [two week JBLM Lean Six Sigma Green Belt Training program](#) began on 28 Feb 2012. The course concludes the week of 25 March. This is a collaborative effort co-sponsored by BG Wallace Turner, the NG Assistant to the Washington State Adjutant General and COL Leafaina Yahn, Commander 404th AFSB. The class enrollment includes Air and Army National Guardsmen, 404th Brigade Staff, and U.S. Army Reservists. The National Guard funded Classroom support, reference materials, and travel for Mr. Tom Ferguson, the Master Black Belt (MBB) lead instructor. Mr. Bob Farr, the 404th AFSB's very own MBB, will co-teach. The course objective is to assist and guide students who are actively working on projects for Green Belt certification.

# "Planning Research and Evaluation Portal"

**TPFDD** (Time Phased Force Deployment Data); **BLST** (Brigade Logistics Support Team); **MMS/TSS** (Mast Mounted Sight/Test Support System Team); **LCMC** (Life Cycle Management Command); **OPCON** (Operational Control); **ADCON** (Administrative Control); **OPLAN** (Operation Plan)...

and the acronym list goes on and on. Many of us in **AMC** (Army Materiel Command) are familiar with the terms and may have worked in, or with, some of these elements; but if our role has suddenly switched to "planning", we are faced with a dilemma... how can we take all of those AMC capabilities and translate them to something that quickly shows what we can do when the "balloon pops" and determine where and when each of these elements will go?



AMC published a booklet titled "Deployable Support to the Joint Force" in April 2012; the book outlines AMC and LCMC capabilities on the battlefield – literally hundreds of teams. It is over 150 pages long, and does a very effective job of telling the story for those who need to know. The layout of the book is perfect for those interested in "data". The TPFDD document is a long spreadsheet that contains (classified) information that tells us each unit, and/or sub-unit that is prepared to deploy

under a particular OPLAN, where they will go and what day in the combat operation they are scheduled to arrive. We can merge data from a particular T P F D D (simulated, unclassified).

This merging of information is certainly im-

portant to AMC planners, but it also of significant value to planners in the LCMC environment and the supported unit. We can assess units/teams that are on a TPFDD... there are also many teams available that are not on a TPFDD, but may be required to support the combat operation. Views are setup (from the master list) that show units not on the TPFDD; this allows the combat planner to determine available capabilities that may need to be added to the TPFDD.

# Faces to the Field



Mike Johnson, 404th AFSB LOGCAP Planner on "The Price is Right" spring break 2003. [Click on Picture.](#)



Jeremy Brast

## HAPPY BIRTHDAY BILL



Dauida Beck, Bill Brugge, CSM Burton



Greg Wright

## FIRE DRILL FUN

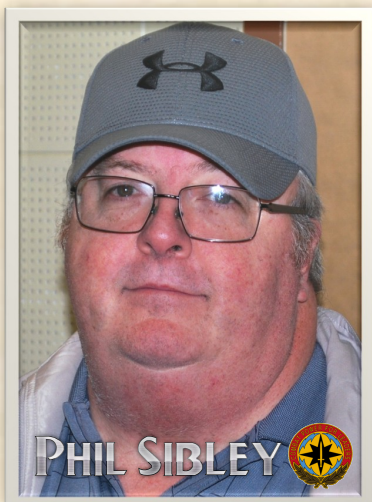


Melody

Angee

Chris

# Faces to the Field



# WELCOME TO THE CAST IRON TEAM

MAJ SCOTT MOON



SFC FARIDA DURHAM



10, 25, 30 Year Length of Service Awards to 404th AFSB staff members

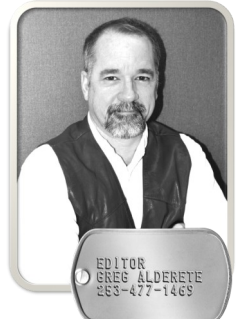
Congratulations



Warren Reynolds  
Gwen Garfield  
Anthony Martinez  
Robert Farr

404th Mission Video

CLICK ON ICON



OPSEC CHECK



# American Samoa ROTC



## ACU Uniform Drive

### American Samoa's ROTC

Cadet Leadership Training Program is requesting slightly used to new ACU's donations.

*We ask that all ACU donations be shipped at the expense of the donor to: **American Samoa Community College, ROTC Department, PO Box 2609, Pago Pago, 96799.***

For additional information contact:

**SFC Kitzigen Moliga or CPT Vaouli**

[k.moliga@amsamoa.edu](mailto:k.moliga@amsamoa.edu)

(684) 733-8710 or 770-0174



Boots Optional



**CSM Terry Burton** addresses the Warrior Leader Course Class 004-13 Graduation. CSM Brun the Henry Lind NCO Academy School Commandant is seated.



**Defense Support to Civil Authorities (DSCA).** Members of the 404th AFSB and AFSBn Lewis recently graduated from the DSCA resident phase II training. (see if you can find them L-R: Jeff Longino, LTC Harvill, Tino Babilonia-Rivera, Jack Toomata, Robert Shoaff, Mike Johnson and Roy Niiyama). DSCA Phase II focuses on intergovernmental and interagency support to civil authorities in emergency management operations.

# Some Things to Think About

## What Stress Does to Your Body



### Head

issues with mood, anger, depression, irritability, sadness and a lack of energy, swings in appetite, concentration problems, sleeping issues, headaches and pain, mental health issues, like anxiety disorders and panic attacks

### Skin

skin problems like acne

### Joints and Muscles

aches and pains, tension, lowered bone density

### Heart

increased blood pressure, increased heart beat, higher cholesterol and instances of heart attack

### Stomach

stomach cramps, reflux, and nausea and weight fluctuations

### Pancreas

diabetes

### Intestines

digestive issues like irritable bowel syndrome, diarrhoea and constipation

### Reproductive System

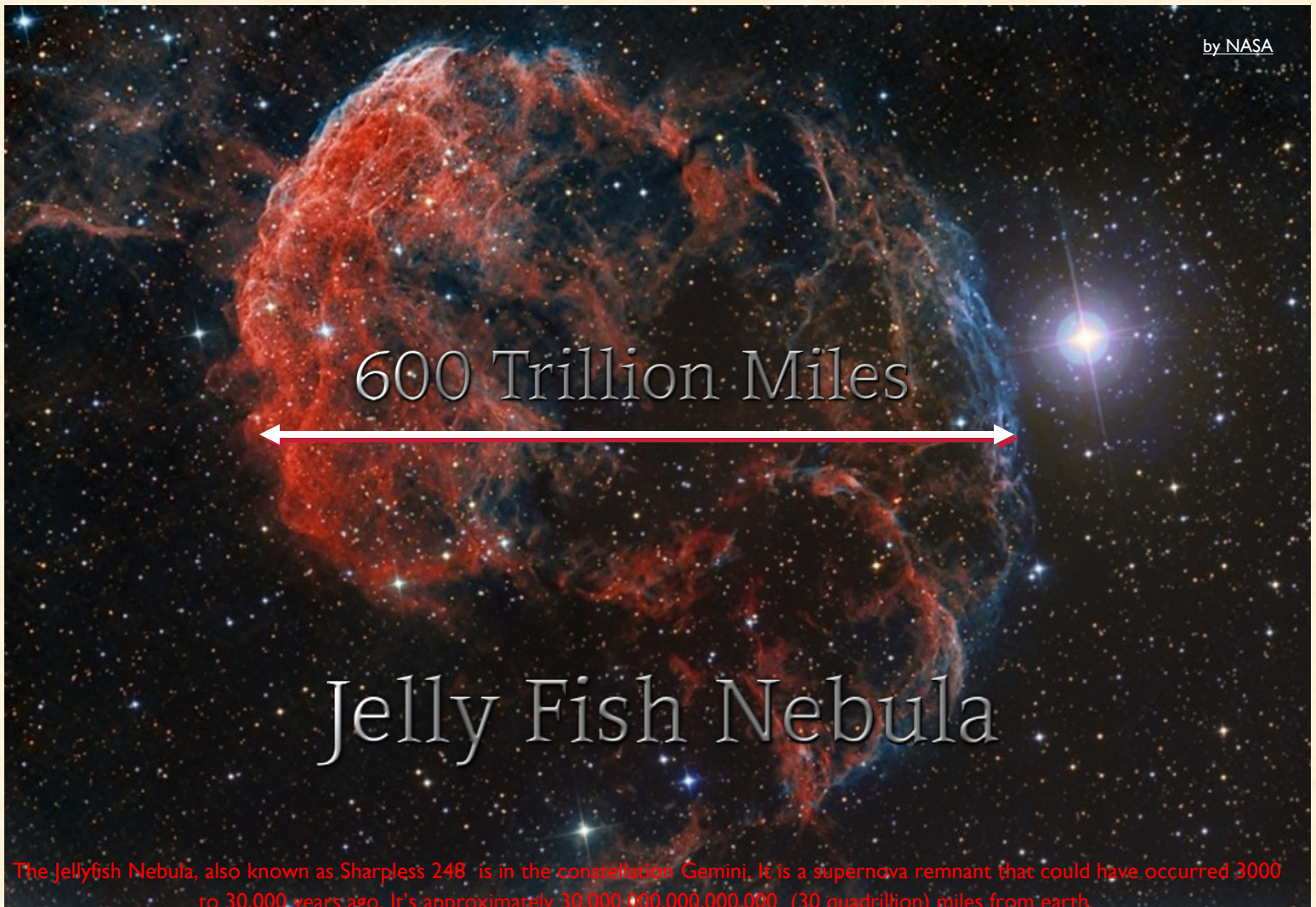
reduced sex drive, lower sperm production (for men) and increased pain during periods (for women)

### Immune system

reduced ability to battle and recover from illness

## QUOTABLE QUOTES

- ◆ If tomorrow we go to war, today is our last training day. COL Wade H. McManus Jr. 43rd CSG Nov 1992.
- ◆ You don't attract what you want, you attract what you are. "Law of Attraction", Dr. Wayne Dyer
- ◆ Great minds discuss ideas; average minds discuss events; small minds discuss people. Eleanor Roosevelt
- ◆ Every time you are tempted to react in the same old way, ask if you want to be a prisoner of your past or a pioneer of your future. Deepak Chopra
- ◆ Mistakes are portals of discovery. James Joyce
- ◆ Imagination is more important than knowledge. Einstein



by NASA

600 Trillion Miles

Jelly Fish Nebula

The Jellyfish Nebula, also known as Sharpless 248, is in the constellation Gemini. It is a supernova remnant that could have occurred 3000 to 30,000 years ago. It's approximately 30,000,000,000,000,000 (30 quadrillion) miles from earth.